

FSAT

VOLUME 3 ISSUE 8

AUGUST / SEPTEMBER 2010

AUXCHEFs

Help Station Menemsha after Boathouse Fire!



When **AUXCHEFs** Ron and Ginger Ellis, from 5th Southern, accepted the invitation from Station Menemsha OIC, Chief Jason Olsen, they expected a busy but calm week of cooking for the station personnel. That changed quickly at about 1430 on Monday July 12th, 2010. They were relaxing after serving lunch when Ron noticed black smoke rising from the village. Hurrying out of the barracks to find out what was happening; he and Ginger were nearly run over by the Station SUV as it rushed to the water front. They later found out the crew needed to get the 47' Motor Life Boat away from the burning pier. By that time, black smoke was billowing and red flames were shooting skyward. The Station's historic Boathouse was fully engulfed by the fire, burning to the ground. The Station pick-up was destroyed as was all of the Station equipment. Five private boats were damaged and the wooden pier was destroyed. Thankfully, no one was injured in the fire. The fire fighting, which involved all the fire units on Martha's Vineyard, went on all afternoon focusing on keeping the fire from spreading to the surrounding buildings. The village was evacuated. The cause of the fire is still under investigation.

That afternoon and evening, Ron and Ginger made sure that the station personnel had food and drinks to keep them going! Sandwiches and Mountain Dew were the main items on the menu.

Starting on Tuesday, the two **AUXCHEFs** were back to preparing and serving three meals a day. The challenge was that there was at least twice as many people to feed. Planning involved some creativity to stretch the available food. The additional personnel included Captain Gifford, Commander of Sector Southeastern New England, and investigators from various agencies such as ATF, CG Investigative Services, the state fire marshal and other CG personnel from the Sector. The meals included entrees such as smoked pulled pork, meatloaf and steamed shrimp. With all of the stress, good and plentiful food was important to keep the crew going.

RADM Neptun came to the Station on Thursday to survey the damage and talk to Station personnel. Despite their worries, the crew "spiffed" up the station, including grooming Bridger, the Station dog (and guard of the galley). Ron and Ginger prepared a dinner for the Admiral and crew, featuring grilled steak and zucchini, homemade rolls, and peach cobbler. At the end of the dinner, there was nothing left. That's what cooks like to see!

When Ron and Ginger left on Sunday, they had the satisfaction of helping the station get through a difficult time by providing great food. RADM Neptun gave each of the **AUXCHEFs** a challenge coin – and the crew heaped thanks and praise on them.

Article by Virginia F. Ellis, **AUXCHEF** Branch Assistant- Atlantic

Photos by Ronald A. Ellis, **AUXCHEF** Branch Chief – Atlantic-East and





CG AUXCHEFs Dazzle at the D5 Change of Command

A team of eight AUXCHEFs from the Fifth Southern Auxiliary showcased their culinary talents in support of the Coast Guard 5th District change of command reception held June 25th at BSU Portsmouth. Nearly 300 guests feasted on a menu which included Bourbon Smoked Pork Sandwiches with Carolina Coleslaw, Spicy Steamed Shrimp, Teriyaki Chicken Skewers, and various salads and crudités.

Special events such as this high profile change of command represents just one way AUXCHEFs support the active duty FS community. They also serve in the galleys of small boat stations and cutters on a regular basis. AUXCHEFs augment temporarily understaffed galleys and relieve FSs so they might have more opportunities to attend training or tend to personal needs.

If your dining facility is interested in teaming up with the AUXCHEF program, please contact your respective FSAT or AUXCHEF Branch Chief for additional information.

Ron Ellis, Branch Chief – AUXCHEF Atlantic
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Are you preparing for retirement, but still enjoy spending time in the galley or out on the water? If so, then the Coast Guard Auxiliary and AUXCHEF Program might be just what you are looking for. You can learn more about joining the CG Auxiliary by visiting <http://www.join.cgaux.org/>





KUDOS TO FS2 DERRICK DOLAN

FS2 Derrick Dolan is the CGC CHEYENNE's Food Services Officer and Independent Duty Cook. In addition to his duties in the galley PO Dolan is CHEYENNE's Unit Health Promotion Health Coordinator, Master at Arms and Senior Watch stander; he stands Import Officer of the Day watches and is a qualified buoy deck rigger.

PO Dolan leads the crew in working out three times per week in both cardio and strength workouts and models healthy choices by biking to work every day. PO Dolan takes the time to sit down with shipmates and helps them tailor custom workouts for their individual needs. He makes healthy meals, posts calorie and fat information on all of his menus and stocks the refrigerator and snack area with fresh fruit and vegetables. Should a shipmate find himself on the weight program PO Dolan counsels them on diet and exercise; he helps them consume fewer calories while also helping them burn more.

PO Dolan is qualified buoy deck rigger. He augments the buoy deck crew during particularly heavy operations. During intense days underway in August on the Missouri river, PO Dolan worked on the buoy deck in between cooking meals. Because of his outstanding commitment to teamwork, the cutter was able to keep the small boats underway working ahead of the cutter and unqualified crewmembers could break in on the boats because he was out on deck.

PO Dolan is a highly qualified Food Services Specialist. He is constantly updating his menus, ensuring there is a terrific variety in the outstanding meals enjoyed on board. Most meals are made entirely from scratch. His meals are fantastic but he is much more than the ship's cook. He is a dedicated shipmate.

PO Derrick Dolan has been cooking in the Coast Guard for nine years. He has been stationed aboard CGC WHITE SUE-MAC, Station New Orleans, CGC ACACIA, Station Duluth, and he has been the independent duty cook on board CGC CHEYENNE since June 2009. PO Dolan holds an Associate's Degree in Business Management from American Intercontinental University. PO Dolan and his wife Sheryl have three children; Hannah, Max and Steven. PO Dolan is originally from Clinton, Iowa and is a huge University of Iowa Hawkeyes fan.

CHEYENNE is a river tender based in Saint Louis, Missouri who's area of responsibility includes ninety miles of the Upper Mississippi River from Chester to Alton, Illinois, two hundred twenty-six miles of the Missouri River from the Mouth of the Missouri to Glasgow Missouri and twenty-eight miles of the Kaskaskia River.

**BMCM Dan Kilkeary
USCGC CHEYENNE
(WLR-75405)**



TYSON UNIVERSITY WAS AWESOME!

By FSCM Chuck D'Amico



Great class for Foodservice Officer!

I wanted to take this opportunity to thank Tyson foods for allowing me the opportunity to attend its Tyson University Class! The class was held in Springdale, Arkansas and was tailored to an all military audience. I really enjoyed sharing ideas with food professionals from the Army, Navy, Navy MWR and Marine Corp. Our class discussed purchasing, meat identification, USDA Laws, Prime Vendors and more. In addition, we visited the plant and what an operation! Would you believe that over 200,000 - chickens a day are processed at this one plant? **That's a million chickens per week!** All students received ACF Certification points and certificates - we even spent some time with President Bill Clinton!



Look for more of these type of classes to pop up!

Read your monthly FSAT Newsletter





SPENCER's FOOD SERVICES DIVISION SHINES!

Coast Guard Cutter **SPENCER** home ported in Boston, MA recently participated in the Atlantic phase of UNITAS 51-2010. Demonstrating masterful culinary skills, SPENCER's Food Service Division provided outstanding support for high visibility international receptions on board SPENCER in Mar del Plata, Argentina and Rio de Janeiro, Brasil.

During the UNITAS pre-sail conference in Mar del Plata, Argentina, SPENCER was hosted the UNITAS kick-off reception, among the guests were high ranking military and government officials from several nations. Under the leadership of FSC Steven Jedziniak, SPENCER's Food Service Specialists (FS1 Fred Davidson, FS2 Ever Bonilla, FS3 Matthew Anson, FS3 Michael Skupien, and FS3 Nicholas Caldwell) prepared and served exquisite entries, hors d'oeuvres and deserts to over 300 guests. The reception was a huge success and set the tone for UNITAS, while drawing high praise from U.S. Embassy officials and senior military leaders of Argentina, Brazil, Mexico and the U.S.

In Rio de Janeiro, Brasil, SPENCER hosted a reception at the request of the U.S. Embassy to Brasil. While not part of UNITAS, this reception served to strengthen ties between U.S. diplomats and their Brasilian counterparts and senior ranking Brasilian military leaders. Again, the FS Division delivered an outstanding effort that left over 200 guests delightfully pleased and impressed. U.S. Consul General to Brasil, the honorable Mr. Dennis Hearne commented on how pleased he was with the reception and how impressed he was with SPENCER's FS Division.

FSC Jedziniak attributed the success of the receptions to a dedicated FS staff that put forth a tremendous effort in advance planning and prep work". CDR Jeff Thomas, Commanding Officer USCGC SPENCER attributed the success to the same hard work and dedication he sees on a daily basis from FSC Jedziniak, FS1 Davidson, FS2 Bonilla, FS3 Anson, FS3 Skupien and FS3 Caldwell.



GREAT JOB – USCGC SPENCER!



COAST GUARD CULINARY TEAM TAKES 3RD PLACE AT THE FREEDOM CHALLENGE COOK OFF!



FSCS Reed (Senior Instructor at Fort Lee, Advanced Culinary Skills Development Course) and FS2 Ed Fuchs (assigned to the Executive Dining Mess, Department of Homeland Security) both represented the Coast Guard proudly at the American Culinary Federation Freedom Challenge. The event took place at the Anaheim - California Convention Center on August 3rd 2010. The challenge consisted of a cook-off between all five branches of the military: Navy, Army, Marines, Coast Guard, and Air Force - in which the Coast Guard placed third!

Great Job Team Coast Guard!





Greetings from “DLA Troop Support”! We have recently changed our name and are no longer known as Defense Supply Center Philadelphia.

It's been a busy summer and I have had a number of FSO's request Prime Vendor support while their cutters were U/W. Some of these requests have come with only 2 days notice of requested delivery date. I wish it were that simple, but it's not. It takes more than an account configuration change for your unit to get set up with a PV. It takes time to notify the vendor, add your account to the contract and ensure the vendor can provide the services requested. If you are getting U/W and need PV service for your patrol, please contact myself or your DLA contract specialist two weeks prior to needing support from a prime vendor while underway. This lead time will assist us in being better prepared for your port call and ensure deliveries can be met.

Also, as I am sure most of you know, internet connectivity can be hit or miss while U/W. One way to help overcome this problem when ordering through PV is to identify items needed for future orders. Before you lose that valuable LAN connection, create an order template in Stores Web for the next vendor. That way you have already identified items needed and only need to update the quantity requested for delivery. Even with slow internet connectivity, this process is much easier than searching the catalog one item at a time. If you have never created an ordering template, please don't hesitate to give me a call - I will be glad to walk you through it.

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GABE'S PLACE

Greetings Fellow FS's

I have been working to update the FS website, when you log on you may notice a few changes, however, I still need more photos from the fleet. If you were recognized for an award please send me a copy of the award and a picture of the member that received it - I will post it under the new recognition page. SCA's, if you have pictures from events, menus, or great links to websites that have helped you along the way, send those as well. I have been working with FS1 Bishop, FS1 Batlik, and FS2 Roper to help create an updated SCA page that has great tips and forms to help you out along the way!

Furthermore, I have begun creating and implementing a new FS2 course. This will replace the current FS2 course until DFAM has been rolled out to the entire fleet. We hope to have this online in February 2011. The current course was created in 2003 and is outdated, the new one will have current information from the new Food Service Manual, and Practical Handbook that came out last year with the exception of DFAM related information which cannot be put into practice until it has been rolled out fleet-wide.

Lastly, ensure you create a good study guide and remember to study your EPQ's!

Have a great month!

Gabriel L. Cox, FSC, USCG
FS Subject Matter Specialist
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Good Day Shipmates,

We have some exciting news this month. Let's get to it -

1. A new DFAM Vista client has been approved by TISCOM and will be up on CG deal (<http://cgweb.tiscom.uscg.mil/ISD1/ISD1A/EACert/cgdeal.asp>) in the next 10 days. It fixes some known vista issues, the ALCOAST and release notes will detail that for you. It is imperative that your IT's install this as soon as it comes out. For those of you that are not co-located with your ESU/ESD, we know that it can be a hassle for both them and you to get something like this done so.....This client can be installed remotely! That means if your ESD is 2 hours away, they can log in to your computer from anywhere in the CG, complete the install, Log out, and you have DFAM. They do not need to come to you anymore! Also, there are now only 2 steps, leaving very little chance of error. All around good stuff!
2. For those of you that get the error 91 in the PO module (the diagonal lines of death), we have a simple cure for you - only click the PO icon one (01) time. Double clicking is what causes that. In future releases we will correct that, but this is a simple and quick way to get around it.
3. Ashore roll out is done (with one hold out, don't worry, we'll get you). Afloat (87's and disconnected river tenders) will begin in Nov, with connected pilot to begin in January.
4. A new user guide will also be out this month! Be on the lookout.
5. Lastly, a FAQ guide and the CG specific help screens are expected to be out this month. Great stuff all around.

Thank you all for your hard work getting this implemented at your unit. For those of you that have yet to do this, please ask around. When we get to you, it is imperative that you do it correctly the first time. For units that rushed through it, it creates a lot of pain. It is worth the extra time up front.

Thank you also to FS1 Mike Eckstrom. He handled the last 2 groups of unit set ups, and did a stellar job. DFAM will be in good hands with the soon to be FSC.

Have a great month Shipmates.

FSC Ian Weiss
Dining Facility Automation Management Program Specialist
COMMANDANT (CG-1111)
ATTN (Food Service Program Office)
US COAST GUARD 2100 2ND ST SW STOP 7902
WASHINGTON DC 20593-7902

DFAM Portal Site -

[https://cgportal.uscg.mil/lotus/myquickr/dining-facility-automation-management-\(dfam\)-public/library/](https://cgportal.uscg.mil/lotus/myquickr/dining-facility-automation-management-(dfam)-public/library/)

DFAM Trouble Ticket Web Site -

<http://csd.osc.uscg.mil/cghelp/>

e-mail Ian.S.Weiss@uscg.mil

Phone (202) 475-5152

Cell (202) 494-5152

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EAT WORDS OF WISDOM

FRIENDLY REMINDER !

MANDATORY ESTABLISHMENT OF DLA (Formally DSCP) ACCOUNT.

Food Service Officers may need to revert to alternate feeding methods such as ready-to-eat (MRES), Uniform group, and other types of foods during national emergencies or catastrophes! You need to be prepared - so get your account set-up if you haven't already done so.

Please reference the ALCOAST listed below.

ALCOAST 610/08
CONDNOTE 4061

SUBJ: MANDATORY ESTABLISHMENT AND MAINTENANCE OF DEFENSE SUPPLY CENTER PHILADELPHIA (DSCP) ACCOUNTS FOR ALL CG DINING FACILITIES (CGDFS)



I have the following quotas for upcoming **FS "C" schools** - info regarding the courses may be found on the TQC website. Requesting that you ensure widest dissemination. Units may contact me directly with member's name, EMPLID and requested course and member must have command endorsement.

1) Shipboard Baking

Course 500518

10/25/2010 - 10/29/2010

6 available quotas

210' and larger platforms will have priority but all others will be considered

2) Advanced Pastry

Course 500699

11/1/2010 - 11/5/2010

3 available quotas

FSC Dena Reagan
FS Professional Development Specialist
COMDT (CG-1111)
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BETTER AND SAFER!

Many cardboard cutter boxes completely deteriorate before a roll of film or foil is used up.

How many times has this happen to you?

Check this neat little gadget out!

<http://www.kenkut.com/>

Or call

866-585-6301 and ask for Ken Krall



Every Kitchen's Dirty Little Secret:

CARDBOARD!

The Bacteria Superstore & Roach Motel!

KENKUT 3
Film & Foil Dispensers

100% more sanitary 100% more professional

What's in your kitchen?

An orange rectangular advertisement for the Kenkut 3 film and foil dispenser. The top half features the brand name "KENKUT 3" in large, bold, black letters, with "Film & Foil Dispensers" in smaller text below it. Below this, there are two small images: one of a cardboard cutter box labeled "cardboard" and another of the Kenkut 3 dispenser itself. Between them is a large black arrow pointing from left to right, with the text "100% more sanitary" above the arrow and "100% more professional" below it. The bottom half of the ad contains the slogan "What's in your kitchen?" in a white, sans-serif font.

TIRED OF CLEANING YOUR STAINLESS STEEL?

WHY NOT TRY THIS ON FOR SIZE!

Everywhere you go from convention centers to Disneyland, everyone is doing the stainless steel swirl thing!

How's it done? You use a 4 inch sanding disc at between a 45 & 60 degree angle so that you can make your design as big or as small as you would like.

Experience states the best way would be to remove the piece you are working on - however it's not required.

The small tiles above the stainless steel are called Dal-tiles which can be purchased at Home Depot!



Crêpes: Versatile and On Trend

Very few foods carry transcendent appeal across multiple dayparts and menu applications like crêpes. Whether menued as an elegant dessert, a savory entrée, or a sumptuous breakfast, crêpes are steadily growing on menus.

What Is a Crêpe?

Comparable to a thin pancake, a crêpe is made by pouring a liquid batter of flour, eggs, and milk onto a round hot plate or frying pan. Creating consistent thickness across the crêpe is accomplished by spreading the batter with a spatula or tilting the pan. Wheat flour may be used for a sweet crêpe, while buckwheat flour can be incorporated for a more savory flavor. After loading the crêpe with fillings, it can either be rolled or folded.



Photo: [Lady Aster® Plain Crêpe Shells](#) from Tyson Food

Origin of the Crêpe

Crêpes originated in the Brittany region of France. Since then, they have become a celebrated part of traditional French cuisine and have found their way onto menus around the world. Now, crêperies that specialize in serving many varieties of crêpes can be found throughout Europe and North America.

Versatility of Crêpes

A hallmark of this food is its versatility. Crêpes can be filled with a variety of ingredients ranging from a simple sauce to a hearty stuffing. For entrées or brunch, crêpes may be stuffed with meats, cheeses, eggs, vegetables, or herbs. Or, for a sweet dessert or snack, they can be filled with fruit, custard, sauces, jams, or ice cream and sprinkled with powdered sugar.

Crêpes are the perfect dish for any occasion. Not only are they simple to prepare, but their versatility ensures they will please any palate.

Try using Crepes for Manicotti – I've also attached a few other Crepe recipes with this month's newsletter* **FSCM Chuck D'Amico**

Chocolate Cream Filled Crepe Cups

Yield: 27 servings

Prep Time: 30 min

Ingredient Amount

9 each plain crepe shells
 2 cups heavy whipping cream
 1 tablespoon vanilla extract
 1/2 cup granulated sugar
 2 tablespoons cocoa powder
 As needed fresh blue berries

Preparation

Stack 9 crepe shells on top of one another.
 with a 1 1/2 in ring mold cut out 3 stacks from the crepes
 use pan spray and coat the inside of the medal cup cake molds
 place the cut out crepe in the middle of the cup cake molds. Using another mold, press the crepe down with the bottom of another mold place all filled molds on a sheet pan and bake in 350 F oven for about 5 minutes or until golden brown remove cup and let cool
 Place all ingredients except the crepes and blueberries in an electric mixer
 With whisk attachment whip until cream is firm then place in a pastry bag

Assembly

In cooled cups squeeze chocolate cream into cup, (not over flowing) until full
 Place 9 filled cups on a square plate and place a blue berry in the middle of each cup than serve

Cinnamon Crepe Stacks

Yield: 27 servings

Prep Time: 25 min

Ingredient Amount

28 each Plain crepe shells
 2 cups Heavy whipping cream
 1 tablespoon vanilla
 1/2 cup Granulated sugar
 1/2 cup Cinnamon and sugar combination

Preparations

Stack 12 crepe shells on top of each other.
 Using a one ring mold cut out eight stack of crepes
 Place the 90 crepe round on a large sheet pan with parchment paper and pan spray
 Sprinkle cinnamon sugar evenly over the cut outs
 Bake at 350 F for about 5 minutes or until golden brown

Cream

Place cream, sugar, and vanilla in an electric mixer.
 With a whisk attachment whip until the cream is firm and transfer to a pastry bag

Assembly

On the cooled cut outs place a dab of cream on 9 cut outs
 Place another cooked piece of crepe on top of the already creamed piece
 Repeat this process until there are 3 layers of crepe pieces and top with a dab of cream
 Repeat this process until there are 27 individually stacks



Blintz Soufflé

INGREDIENTS QUANTITY

Serves 30

	METHOD
1 Stick	Butter
4	Eggs
1 ½ Cups	Sour Cream
¼ Cup	Sugar
1 tsp	Vanilla
¼ tsp	Salt
6	Apple Blintz
6	Cherry Blintz

Melt butter in 2 quart casserole and place blintzes over butter in single layer. Blend all other ingredients well and pour over blintzes. Bake 45 minutes in preheated 350 degree oven.

Build: Serve with powdered sugar and fresh berries.



Crepe Tartlets

Yield: 24 servings

Prep Time: 30 min

Ingredient Amount

24 each Plain crepe shells
4 cup Heavy whipping cream
1 cup sugar
12 oz cream cheese
1 tablespoon Vanilla extract
As needed Crumbled Pistachio nuts
As needed French raspberries

Preparation

For cream

Cut plain crepes with a 3 1/2 in ring mold. There should be 24 crepe rounds total. Then sprinkle the crushed pistachio or place raspberries on top of the cream. place in freezer for about 30 min

Assembly

Pour heavy whipping cream, sugar, vanilla, and cream cheese into electric mixer. Blend until stiff hold and transfer into pastry bag.

With a crepe cut out on the bottom squeeze 1/4 of a cup of cream in center of crepe. Place another crepe on top and press down evenly. There would be about 1/2 and inch between both crepes. Repeat this process until there is six layers then spiral cream on the top layer.

Remove from freezer making sure that the cream has hardened. Cut each tartlet into six even slices. Place on cake tray and slide one slice slightly out.

Sprinkle convection sugar over the top and around the raspberry topped tartlets. Sprinkle crushed pistachio around tartlets on other cake tray.





TRAINING OPPORTUNITIES!



Commercial Training Venues:

Americas Food & Beverage Show – October 25th & 26th 2010, Miami Beach, FL

Winter Fancy Food Show - January 16th-18th, 2011, Moscone Center, San Francisco.

NAFEM SHOW – February 10th-12th, 2011 – Orange County Convention Center, Orlando Florida.

Catersource 2011 - February 27th through March 2nd, 2011 - Las Vegas , NV.

Summer Fancy Food Show - July 10th-12th, 2011, Washington DC.



FSAT Training Venues

Hawaii Foodservice Conference – BSU Honolulu, HI – December 6th through the 10th 2010.

OPPORTUNITY IS KNOCKING HERE!



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If Food Service Officers haven't already posted ALCGENL 089/10 for your FS staff, then please do so. This ALCGENL spells out the timelines for the AY 2011 Transfer Season.

Command Concerns and Career Counseling with EPM-2 ended 31 August 2010.

If you were unable to contact your Assignment Officer during the authorized timeline due to operational commitments and still desire career counseling you must go through your Chain of Command to contact your FS Assignment Officer.

The shopping list will be published 24 Sep 10. Please do not think that submitting your E-resume early after the shopping list is published will help you earn a better assignment, in fact, it is just the opposite. I encourage you to wait, at a minimum, until 08 October which is the deadline for Commands to validate the Shopping List. Even though the shopping list will be published on 24 Sep 10, your E-resume is not due until 26 Nov 10 - Commands are still validating the shopping list as vacancies arise through November.

FS Assignment Officers will be making changes to the FS shopping list from September through November and you could potentially miss out on an assignment by not viewing the list when it is most accurate. There is simply just too much turmoil in the FS Account for Direct Access/Shopping List to be completely accurate all the time. It will be the most accurate between 08 Oct 10 and 26 Nov 10.

Those of you that were recently promoted to FS2, MOST of you will stay with your current unit until you are tour complete. The FS rate is currently short over 40 FS3 personnel and it is not cost effective to transfer a recently promoted FS2 with one year at current unit with no backfill. Take advantage of this time to learn the skills to become an Independent Duty FSO. If you are an FS2 looking to apply for an Independent Duty FSO position, you should be working on getting your Commands Endorsement. Highly motivated and qualified personnel will be considered for short tours to fill Critical Fill vacancies that are constantly posted on CGMS. Keep checking the message board for Critical Fill Vacancies there will be some great jobs opening soon.

If you are interested in becoming a Special Command Aide (SCA) you should read ALCGENL 123/10 and follow the instruction for submitting an SCA package.

Female members desiring an afloat assignment should contact MKC Tina Claflin, the Women Afloat Coordinator, as soon as possible to discuss afloat opportunities. MKC Claflin is available throughout the year to advise members or Commands on women afloat assignment issues and availability.

Congratulations to all FS personnel recently promoted this summer! EPM advances to fill vacancies and there are a lot of vacancies in the FS Account. Don't look upon your promotion as an honor to you. Rather, you work to honor that promotion. Keep up the great work out there. You're the ones supporting operations that keep our Country safe. Thank you for the sacrifices and service that you selflessly give.

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Edition 8 Carla's Culinary Corner

August 2010

By Executive Chef Jason R Gronlund
Senior Director of Culinary Carla's Pasta

There's Fungus Among Us

Many times this is said in jest and as a joke but there is and has been since prehistoric times, fungus among us! Mushrooms are part of a larger group of plants known as fungi. A fungus the mushroom is different from an ordinary green plant because it can't make its own food. Mushrooms have been around since prehistoric days. Remains of fungi have been found in dinosaur pits! Mushrooms can look strange, some mushrooms actually glow in the dark! No wonder people thought they were magical. Mushrooms can grow in a circle or ring that appears around a circular path. In the olden days, many people believed these rings were made by fairies dancing through the night. Because of this, these rings are called "fairy rings" today. Fairy rings are really caused by the growth patterns of mushroom, not by dancing fairies! Mushrooms come in many colors, shapes, and sizes. As a matter of fact, there are 38,000 different varieties. Some mushrooms are poisonous. Never eat mushrooms that have been picked outside of a store unless you are with an ethnomycologist. This is a person who is an expert in ethnomycology which is the study of fungi. The most common mushroom that is raised for eating is the white button mushroom, shiitake, enoki, and oyster mushrooms are also raised for eating.

Mushroom farming first started in America in 1896 in Kennett Square, Pennsylvania. 50 percent of the mushrooms raised in the United States comes from Kennett Square is called the "mushroom capital of the world!" The first mushroom farm in the United States was started by two florists named Mr. Hicks and Mr. Swayne. Wanting to make use of empty space under the shelves upon which they grew their flowers. Of course it is very dark and damp under the shelves where the flowers are. Mushrooms don't need sunlight to grow, they survive by eating decaying matter. Mushrooms reach across many cuisines except for the Latin. If you are so interested they actually have the NAMA (North American Mushroom Association) Fungo Magazine and Fungi.com.





Piedmont region; a truffle is essentially a fungus that grows underground while a mushroom is an above ground fungus. They actually use pigs and dogs to sniff these out, when using a pig they have to make sure they get the pig back quick or they will try and eat it and at anywhere from \$25 to \$600 per ounce that can be a lot of money. A license (*tesserino*) is required to pick mushrooms everywhere in Italy. In some areas, this license will be delivered once the person has attended a basic course and passed a test; in other regions the license is given without conditions.

So with over 36,000 types of mushrooms and the cuisines that use them the fungi can be fun to use in the kitchen. Mushrooms are extremely porous and soak up water like a sponge. Because they are mostly water, never soak fresh mushrooms. Since commercially-available mushrooms are grown in a sterile medium, invest in a soft mushroom brush and simply brush away any clinging growing medium rather than washing with water. If you must, wipe them with a damp paper towel. Be aware that salt releases the water in mushrooms, so judge the salt usage accordingly for your particular recipe. There is no need to peel mushrooms. In fact, peeling mushrooms nullifies most of their flavor. Simply trim off any damaged spots and tough or dirty stems.

Veal Marsala w/wild Mushroom & Porcini Ravioli

Amount	Measure	Ingredient -- Preparation Method
1/2	C	Olive Oil
4	Oz	Butter
4	Lb	Veal Stew Meat (Trimmed)
1/2	C	Flour
2	Tsp	Salt
2	Tsp	Pepper
1 1/3	C	Marsala Wine
32	Oz	Stew Tomato
2	C	Carla's Pasta Wild Mushroom Pesto 6205
2	Tsp	Lemon Zest
1	Tblsp	Salt
1 1/2	Tblsp	Fresh Chopped Rosemary
96	Pc	Carla's Wild Mushroom Ravioli with Porcini 5384
12	Oz	Gorgonzola Cheese
1/4	C	Olive Oil
60	Ea	Cherry Tomato
		Salt & Pepper

In a large pot over medium heat, heat the olive oil and butter. In a large mixing bowl place the veal stew meat, flour salt and pepper. Mix the meat with flour until evenly coated. Add the mixture to the hot oil and butter. Cook until the mixture starts to brown and lightly stick to the bottom of the pan.

Deglaze the pan with the marsala, scrape the bottom with your spoon to make sure all the flour is off the bottom. Add the tomatoes, pesto, lemon, salt and rosemary. Bring to a light simmer, cook for about 45 minutes or until the veal is tender.

In a large sauté pan heat the olive oil. Once very hot place the cherry tomatoes in and sear until skin cracks, salt and pepper.

In a pot of almost boiling water, heat the ravioli, 8 pieces per portion. Ladle 10 ounces of sauce and meat over top, Garnish with 1 ounce gorgonzola and 5 cherry tomatoes.



1. Steep the saffron in the hot water, if you use the turmeric instead add it in with the other seasonings in the sauce.
2. In a sauce pan over medium heat pour the olive oil, once hot add the onions and garlic. Sauté the mixture slowly until lightly caramelized. Add the remaining ingredients, bring to simmer and do so for 20 minutes. Remove from heat and hold.
3. Place the chicken pieces on a sheet pan, drizzle with the oil then sprinkle the seasonings on. Massage the oil and seasonings on the chicken until all is evenly coated. Place the chicken in a 375° preheated oven, cook for 30 minutes or until lightly browned and fully cooked, hold to the side.
4. To make the sauce place the oil in a large braiser or can be broken down to 12 portions and done individually on a sauté station. Sauté the onions, and peppers over high heat, once starting to brown add the sauce (about 4 ounces for individual sauté) Once sauce is hot add the seafood, the seafood should pick up the saffron or turmeric and turn a light yellow.
5. Cook until seafood is fully cooked, check for any needed salt and pepper. Add butter and blend in.
6. In a pot of hot water place the ravioli, cook until it floats about 4 minutes, place 6 pieces on a plate, one piece of chicken and about two cups of the sauce mixture.

Garnish: Fried Garlic Chips, Cilantro or Rosemary.





FS CLASS 11-10



GRADUATED – 13 AUGUST 2010

Honor Graduate: FS3 Raleigh A. Lallmang-USCGC Alder-Duluth Mn.
SNFS Benjamin Becktold- USCG Station Tillamoc-Garibaldi, Oregon
FS3 Benjamine Timberlake-USCG PSU-305-Fort Eustis, Virginia
SNFS Jonathan Borja-USCGC Chase-San Diego-California
FS3 Jose Menendez-USCG Sector San Fran –San Francisco, California
SNFS Kevin Mueger-USCGC Katherine –Bayonne, New Jersey
SNFS Matthew Devine-USCGC Tahoma-Portsmouth, New Hampshire
FS3 Caroline DeLucci-USCG Sector New York-Staten Island, New York
SNFS Ernest Clarke-USCG Station Wrightsville-Wrightsville, North Carolina
SNFS Keith Walpole-BSU Miami- Miami, Florida
SNFS Kevin Ingram-USCGC Midgett-Seattle, Washington
SNFS Micah Nichols-USCGC Active- Port Angeles, Washington
FS3 Michael Paone-USCGC Escanaba- Boston, Massachusetts
SNFS Nathaniel Branch-USCGC Gallatin- Charleston, South Carolina
FS3 Shannon Eslinger-USCG Sector Northern New England-South Portland-Maine
SNFS Sid Garber-USCGC Gallatin-Charleston, South Carolina
SNFS Timothy Hoxie-USCGC Mellon-Seattle, Washington
FS3 William Scott- USCGC Bear- Portsmouth, Virginia



GOOD LUCK!

Trend Wise®

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from the Land O'Lakes Test Kitchens

FOOD FUTURE

General

Millennials Vs Boomers

Millennials are beginning to get a great deal of attention as a large number of them are now in their 20's, becoming independent and making purchasing decisions. Marketers now must consider how to communicate to both Boomers and Millennials knowing that their attitudes and behaviors are different. Both cohorts are described as being individualistic, though for different reasons. The Boomers are aging and facing medical concerns. They tend to be empty nesters so have the freedom to focus on foods that address a healthier lifestyle, e.g., fruits, vegetables, salads, etc. Millennials are also self focused. Many of them are still single or just newly married and do not yet have children. Therefore, their food choices center around cravings and cost control. They tend to look for frozen entrees, portable foods and items that require little preparation. For this group, convenience foods provide a less expensive option to eating out. (The NPD Group, 7/10)

Food & Health Survey

The International Food Information Council (IFIC) conducted an online survey of over 1,000 people to gain insights on health and food safety. Some key findings include:

- 57% are extremely or somewhat satisfied with their health status
- 70% are concerned about their weight status with 77% of that number trying to lose or maintain their weight
- 64% say they are making changes to improve the healthfulness of their diet
- Only 12% of Americans can accurately estimate the number of calories they should consume based on their age, weight, height and physical activity
- Americans are confused about the benefits of "mono" and "poly" unsaturated fats as about one-third are decreasing consumption of them
- 44% believe food borne illness is the most important food safety issue
- 70% believe food manufacturers are responsible for food safety and 49% believe it belongs with retailers and foodservice operators

(Food & Health Survey, IFIC, 2010)

Retail

Fancy Food Show

The summer Fancy Food Show in New York featured a surprising blend of "fancy foods" along with "healthy foods." Words often observed included organic, vegan, whole grain, antioxidant, gluten-free and fair trade. Examples of products at the show were a line of heritage flours made from quinoa, mesquite and amaranth, raw vegan ice cream made from cashew milk and gluten-free lentil chips. Blue cheese was prevalent at the show with one featuring a vein made from seaweed. Some sweet treats included a chocolate puff pastry, chocolates with dulce de leche and others made with a burnt caramel. There were 70 countries and regions participating. In addition to the usual ones such as France, Italy and China, places such as Jordan, Kosovo, Sri Lanka, Panama and Cameroon were present. (New York Times, 6/29/10)

Paradigm Shift In Purchase Habits

Deloitte recently conducted a survey of over 2,000 primary household shoppers and identified a major shift in how consumers view value as a result of the recession.

Findings include:

- 84% are reviewing their spending in every category
- 65% said a decrease in household spending has not had negative impact on their quality of life
- 66% are using coupons more often with 39% of that group using the internet to track down special offers
- A majority felt there were two or three brands they could not live without and that private label products were often of the same or superior quality
- Four distinct groups of consumers were identified from this study:
 - Spectators – this was the largest group (36%) and was comprised of young, high earning, well educated adults who have no need to reform their spending habits and tend to save out of choice vs. necessity
 - Planners – 21% prefer to cook from scratch vs. eating prepared meals
 - Sacrificers – 22% are low income, have seen their financial resources decline and are forced to "trade down"
 - Super-savers – 21% get a sense of empowerment and pleasure in managing the family budget by using coupons and shopping multiple stores. (Warc News, 7/22/10)

Foodservice

Keep It "Real"

Consumers seem to have a growing interest in real or genuine food. Touting this concept is paying off for restaurants. Key in this type of communication is the need to be credible by being able to support the message. Chipotle Mexican Grill has a campaign called "Food With Integrity." Chipotle's philosophy is to purchase the best sustainable meat and produce they can. They believe that consumers are receptive to this kind of message and will become or remain loyal customers. Domino's Pizza has been very transparent to consumers. After listening to focus groups to learn there were many issues with their signature pizza, they reformulated every part of it, from crust to cheese. The new pizza was introduced via an online documentary called "Pizza Turnaround" and TV commercials. They have seen same store sales increase by 14.3% in first quarter, 2010. Another approach to being real or genuine is through providing a consistent product which has been successful for Chick-fil-A and McDonald's. Consumers appreciate honesty about products. (Nation's Restaurant News, 7/26/10)

Back To School

It soon will be "back to school" time and that is where Hy-Vee is sending their dieticians. Only this time, it is to be health and wellness teachers in elementary classrooms. As part of a Healthy Schools Partnership (HSP), the dieticians will be teaching nutrition information in physical education classes. The lessons will focus on providing information that links performing well to eating well. School cafeterias are expected to revamp menus to support this initiative. HSP is rolling out this two year research study to 2,000 fourth and sixth graders in the Des Moines and Kansas City area and will begin in the fall of 2010. The Center for Weight and Health at the University of California, Berkeley, will evaluate the impact of the curriculum on the students' eating habits and physical activity. Parents will be invited to a Family Fun Night to be informed of the key messages the students will be learning. (Supermarket News, 7/12/10)

GREAT TRAINING TOOL



Below is a link to Safety and Environmental Health video/DVD lending library in which anyone from the CG can checkout a videos on-line on a variety of topics. The FSAT team has over 40 videos/DVDs on food service topics including sanitation, cooking techniques, food purchasing, ice carving, and many more. They are converting all of the VHS tapes to DVDs.

Link below will take you to the main page so you can check it out.

<http://apps.mlca.uscg.mil/kdiv/ksevideolib/>

Have Fun!
FSCM Bob Stage



Missed any editions of the FSAT Newsletter.

<http://www.militarychefs.com/FSAT.html>



Here at FSAT we look forward to serving you with future publications of Culinary Connection . We value your input. Submit your ideas and suggestions to

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